

You are what you eat... so eat super-fruits!

Here are some of the top sweet and juicy super-fruits you can munch on to give yourself a boost.



An **apple** a day keeps the doctor away...it's true! Apples can reduce your risk of developing asthma and diabetes. They're also an ideal dessert if you've gone for the garlic option at lunch as they're a natural toothbrush, leaving your mouth clean and refreshed.



Did you know that **kiwis** contain more Vitamin C than oranges? They can be eaten whole, fluffy skin and all, to help keep your bones, teeth, cartilage and gums in shape.

Strengthen your immune system and fight off those winter sniffles by harnessing the Vitamin A power of **peaches** and **papayas**.



Fruity fact... papaya seeds are edible and have a spicy flavour. Try using them instead of black pepper in your next dish!

Who knew **mangos** could be so marvellous...their antioxidants can help protect your vision and reduce the risk of blindness in adults!



Fruity fact... the silicone and tyrosine found in orange, red and green fruits can help combat tobacco cravings.



Blackberries are brilliant! Bursting with antioxidants, just a handful can reduce your risk of stroke and cancer.



When life gives you **lemons**...you'll be at less risk of diabetes, high blood pressure and indigestion! Lemon juice can also help combat kidney stones.

Pick up a **pineapple**! Its natural enzymes can speed up your bodies healing process, inhibit the growth of cancer cells and help prevent the formation of blood clots.



The benefits of **blueberries** are endless. Packed with antioxidants these little blue beauties not only boost your immune system but can help protect your skin and memory from the effects of ageing and preserve your vision.



Why not try freezing your super-fruits and using them as ice-cubes!

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